

# Self-regulation

## ACE - Grow Your Skills



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# Self-regulation

*Skills to oversee, monitor and evaluate one's own thinking and learning.*

## Description

By self-regulation we mean managing your own learning. Self-regulation is about the ability to influence yourself. You have control over your own learning process and environment by setting goals, selecting strategies to achieve these goals, and actually applying these strategies. You begin a task or self-study independently and know what you need to do to complete a task. You make a schedule and carry out this schedule. You keep track of progress and persevere when times are tough. You monitor and evaluate your own learning and think about what could have gone better. You use the knowledge you have to tackle a task and you know what you are good at and how you learn best. In doing so, you provide yourself with an environment where you can learn well and are not too distracted.



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## Tips

- Use your knowledge to address a problem or task.
- Map out what you are good at. Know how you prefer to learn.
- Start and work independently on tasks. Know what to do to reach a goal or complete a task.
- Provide an environment for yourself in which you can learn well. Avoid being distracted.
- Make a schedule and stick to it.
- Keep track of your progress and persevere.
- Think about what is going well and what could go better.
- Reflect on the learning process and outcome.



## Assignment 1 *A closer look at learning*

How good are your self-regulation skills?

**Step 1:** Answer the questions below, mapping out how you approach learning. Write down your answers.

Describe how you like to learn. How do you memorize study material best?

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What are you good at? Why is that?

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What can you improve? What do you need to achieve this?

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In which circumstances do you learn best? Alone or together? In the morning or in the evening? In silence or with noise? With time pressure or not?

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How do you plan your work?

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Do you manage to make a realistic estimate of how much time a task takes? Explain how you do this.

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Are you managing to stick to your schedule? Why is that?

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What would you like to do better with regards to planning? How can you go about this?

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What do you do when you can't seem to stick to a schedule? What can you do to make a more realistic schedule?

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How do you keep track of your progress?

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Do you manage to persevere when the going gets tough (due to distractions, lack of motivation, fatigue or boredom, for example)?

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What do you need to persevere?

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After a task, how do you reflect on what went well and what could be improved?

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**Step 2:** Discuss the answers with the person next to you and exchange tips. Write these down below.

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## Assignment 2 *Finding focus*

5 tips for better concentration while studying.

Everyone suffers from decreased concentration while studying. There can be several reasons for this. You may be tired or stressed, or you may be naturally chaotic or forgetful. Whatever the reason for your concentration problems, there is hope! With these five tips, you'll soon find your focus.

**Step 1: Read the five tips below.**

### **Tip 1. The power of sound and music**

Sound can cause many distractions. No matter where you are, whether you're at home or somewhere else, putting on the right music works wonders for your concentration. It is important to choose the right music. Today, fortunately, there is a lot of choice, so you can choose the music you enjoy the most:

- **Classical music:** It has been proven to improve your productivity and mood. So a little Mozart won't hurt!
- **Ambient music:** This music with synthesizers lacks a repeating rhythm and a catchy chorus to grab our attention.
- **Lo-fi music:** This genre is becoming increasingly popular. With its low tempo and soft atmosphere, it provides the ultimate focus.
- Or... your own choice

### **Tip 2. Focus on one task**

Many people who suffer from decreased concentration will often jump from one task to another. This way you, of course, never get anything done. To avoid this, it is smart to write down your tasks at the beginning of your day and finish them one by one. Do you have a task with a tight deadline? Then let your friends and family know that you don't want to be disturbed for a while.

### **Tip 3. Get nature involved**

Yes, really. Plants are good for your ability to concentrate. What's the explanation for this? Looking at nature has a restorative effect on you, allowing your "attention muscles" to recharge. It is beneficial to exercise, ride a bike or take a walk daily.

### **Tip 4. From night owl to sound sleeper**





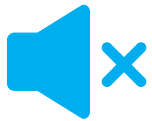
You've probably often heard that the importance of good rest is crucial, and it's not said lightly. In fact, the time you spend sleeping is essential for your concentration. Are you having trouble getting a good night's sleep? Then these tips are for you:

- Create a set evening ritual and go to bed at a set time as much as possible.
- Do not drink caffeinated beverages after lunch. So no coffee, and no cola either.
- Avoid screen usage at least an hour before sleeping. So instead of Netflixing or scrolling on your phone, go read a book.

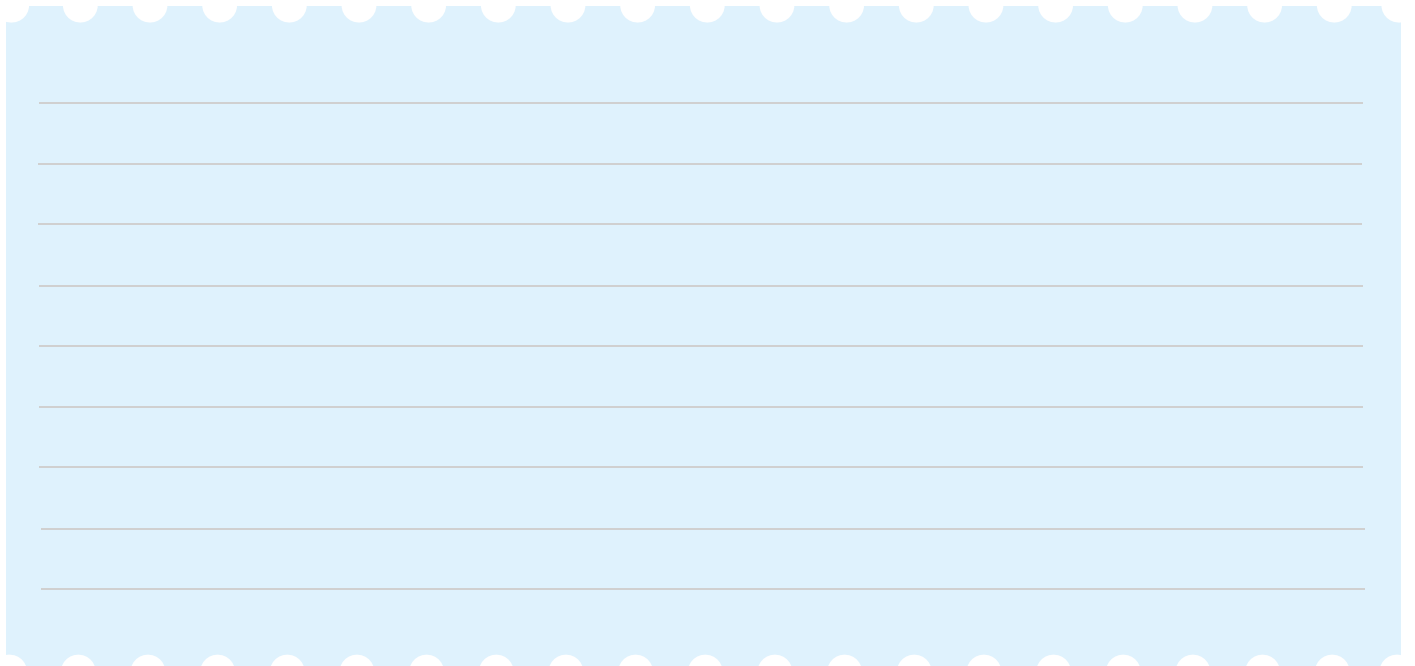
### **Tip 5. Limit distractions**

Earlier the possibility of distracting noises were mentioned, but beside this there are many other possible distractions. Your phone is a good example of this, and then mainly social media. Turn off your notifications while studying. Make a personal agreement to only grab your phone when you have completed your assignment.

**Step 2:** Determine which of the tips above can help you to manage your learning. Which tips do you already use? And which ones do you not? Explain this in the table below.

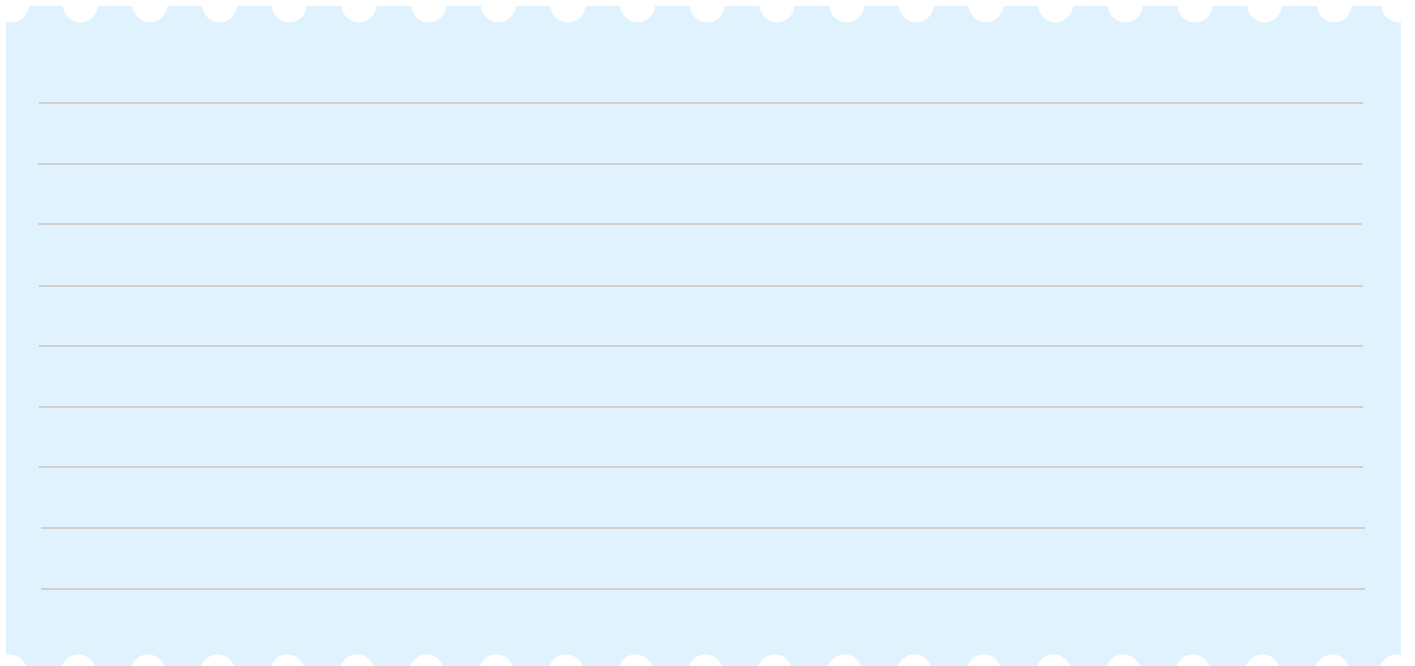
	Do/do not use	Why is that?	Why not?
 The power of sound and music		<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
 Focus on one task		<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
 Get nature involved		<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
 From night owl to sound sleeper		<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
 Limit distractions		<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>

**Step 3:** Now have a conversation with someone, for example a fellow student, about the tips and your personal use of them. Exchange experiences and then ask for tips to make learning easier and increase your motivation. Write down the tips.



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**Step 4:** Together, determine a good learning strategy. Write down this strategy below.



A light blue rectangular area with a scalloped top edge and horizontal lines for writing.

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